

# EVOLUTION MARTIAL ARTS

## **WORKSHEET: BROWN TO BLACK STRIPE**

### **A: EXPLOSIVE CHUMBI**

1. Inside out block/Punch/Pull Back High-Middle Knife/Step Chop/Turn Chop/Punch
2. Middle Knife Hand Block/Target/Punch/Step Horsestance Elbow Strike/Turn/Horsestance Triple Chop/Punch
3. Horse Stance/Right Push Down/Left Push Down/R. Punch/Back Fist/L. Punch/Back Fist/R. Punch/Shift/Inside-Out Block/Punch/Twist Left Punch-Right Open High Block/Drop Sweep/Low Block/Middle Punch/Double Low Punch
4. L. Knife hand Block/R. Punch/Twist Palm/Twist Punch/Target Elbow/Chop/Circle Knife Block/Punch

### **B: DEFENSIVE COMBINATIONS**

#### **\*\*\*ALL BLUE TO RED BELT COMBINATIONS**

1. Front Triple Round/Back Round/Double Tornado/Jump Spin Kick
2. Back Fist/Step Punch/Spin Back Fist/Punch/Back Round/Turn Hook/Ridge Hand
3. Switch Axe Kick/Pop Up Back Round/Jump Turn Side Kick/Drop Turn Side
4. Flying Spin Kick/Tornado/Spin Kick

### **C: SPEED PAPER DRILLS**

1. Pop Up Round Kick/Pop Up Back Round Kick/Tornado Kick
2. Back Round Kick/Triple Tornado Kick/Jump Spin
3. Flying Spin Kick/Jump Spin Hook
4. Switching Round/ Back Round/ Back Round/ Jump Spin

## **D: KICKING SHIELDS**

1. Basic Kicks
2. Flying Turn-Side Kick

## **E: FORMS**

1. Blue Freedom
2. Phoenix

## **F: BALANCE**

1. Side/Hook/Double Round/Side

## **G: SELF DEFENSE**

1. From Punch
2. From Kick
3. From Hold

## **H: BOARD BREAKING**

## **I: STUDENT CREED**

CHUMBI:     This is a Black Belt school.  
                  We are on a quest to be our Best!

**“MIGHT FOR RIGHT”**

